

To Register for group
or any of our other
services, contact:

East Coast Mental
Wellness

1 Richmond Square
Suite 333w
Providence, RI 02906

401-227-0372
(f) 877-455-9466

EastCoastMentalWellness.com

Company Name

**Anger Management,
Domestic Violence,
and
Sex Offence
Groups**



EastCoastMentalWellness

401-227-0372



Your Therapist

My name is Rob Johnson. I am an African American male clinical social worker. I have been working in the field of social work for over twenty-five years. I work with adults, children, adolescents, and the elderly.

I specialize in assertive communication skills, anger management, and self-care. My core belief is that the best practice is the practice of active listening and caring. I have faith that given the right atmosphere individuals can find the strength to be themselves and in so doing find their path through life's journey. To thy self be true...is my motto.

"To thy self be true...is my motto."

- Rob Johnson

The Program

Individuals meet in a group setting weekly for 12 weeks. Many of the individuals are required to attend group by the court system, while others attend as a way to address issues that could result in negative consequences in the future. During group, we will work on underlying feelings which are often a result of a lack of assertiveness. As one develops assertiveness and learns to cope with demanding individuals, the attendees often become aware of deep-seated anger and sometimes even rage at the way they have been treated. The group allows you to process these feelings in a supportive and non-judgmental setting.

Completion of the program

At the end of the 12-week session, a letter of completion will be provided. Attendees are required to arrive at group on time and attend no less than 11 weekly meetings to receive a letter of completion

Prices

Insurance does not cover this program.

- \$30 per group session (paid on or before the day of the group)
- Private sessions (by request) \$80

Upcoming Group Dates & Times

April 22nd- July 8th 6:00-7:30
July 22nd -October 7th 6:00-7:30
October 14th- December 30th 6:00-7:30

For the welfare of the group, no mid-enrollments are permitted.